

Pre-Yuntif Struggle

Posted by ratzkatzvi - 07 Apr 2015 02:09

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Has anyone noticed things getting harder right before and during Yomim Tovim? Is that my imagination, the lack of regular structure, or real?

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Re: Pre-Yuntif Struggle

Posted by TriggerMeNot88 - 07 Apr 2015 02:11

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Definitely real.

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Re: Pre-Yuntif Struggle

Posted by abieham - 07 Apr 2015 03:22

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thats why in shulchan aruch siman 492 says we fast bahab after the holidays because we might have sinned

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Re: Pre-Yuntif Struggle

Posted by serenity - 07 Apr 2015 03:49

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Yes it's real. Motzei yomtif or Shabboss used to be very hard for me. Much better now though. Took me 15 months of going to AA meetings after Shabboss to break that cycle. I'm sure one slip and it's back though.

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Re: Pre-Yuntif Struggle

Posted by cordnoy - 07 Apr 2015 21:48

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usually its related to stress.

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